

Parenting Tips: Finding Support

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1 Are you Eligible for Formal Supports?

If you aren't getting any support services find out if you could! Every state has a Developmental Disabilities Agency, and you can start by contacting them to apply.

You can find a list of the disability agency in each state here: <https://www.nasdds.org/state-agencies/>. If you are eligible you may be able to get some support services.

2 Interview Providers

If you are able to get services, or are picking a new provider, come up with questions and interview them.

You are in charge! We talked to a few different people and picked the best fit for our family, and because we have kids, having a support person that knows about kids was important and we asked questions about that.

If you need help, ask a friends or relative to help you come up with questions.

3 Find Natural Support

Put your needs out there so people can help! Not all support comes from an agency. Reach out to community members, churches (some have respite options), neighbors, community organizations, your child's school, early intervention if your child is young, and family and friends if they are willing and able to help. This year I'm going to ask my neighbor to help me learn how to plant a garden because it's something he's good at and I want to learn. All I had to do was ask!